



Walking with Francis

8:45 a.m. + November 8, 2020

*They were so deeply rooted in mutual love: each one humbly revered his brother as a father or mother...
Francis also admonished the brothers not to judge anyone,
nor to look down upon those who live with refinement and dress extravagantly or fashionably.
For, he would say, their God is ours, the Lord Who is capable of calling them to Himself and justifying those called.
He also used to tell them he wanted the brothers to show reverence to these people as their brothers and lords.
They are brothers, because we were all created by one Creator;
they are lords, because they help the good to do penance by providing them with the necessities of life.
He added: "The brothers' way of life among the people should be such that whoever hears or sees them
glorifies and praises the heavenly Father with dedication."
The Legend of the Three Companions, 13th century*

Blessing of St. Francis **MICHAEL** adapted from St. Francis' "Letter to the Faithful"

*Happy and blessed are those who love the Lord with all their heart, soul, mind, and strength,
And who love their neighbors as themselves....
The Spirit of God has come to rest on these people,
And is making a home among them for eternity, for they are God's children.
They have become as husbands, wives, brothers, sisters, and mothers of our Lord Jesus.*

*We are the husbands and wives of Jesus when the Holy Spirit has joined us to him.
We are brothers and sisters to Jesus when we do the will of God in heaven.
We are mothers of Jesus if we carry him in our hearts and lives by living holy ways,
Shining in this world for and on behalf of others.*

Seeking Virtues **PETER** "This My Soul Loves"

*Wisdom, simplicity,
Poverty, humility.
Holy love and surrender.
God within all.
Grant me, more of these.
As I die, to more of me.
Help me walk in obedience.
God over all.*

*Virtues transcending.
Love never ending.
This I desire,
This my soul loves.
This is my mission,
Perfect submission.
This I desire,
This my soul loves.*

Praying a Psalm **WICK**

Psalm 133 (Nan Merrill)

*Behold, how good and pleasant it is
when brothers and sisters
dwell in unity.
It is like vistas seen from
atop a mountain one has climbed...
Or like the stillness of a sunset
after a long day's work.
It is like a shimmering rainbow,
breaking through a summer rain.
When men and women dwell in harmony,
the star of Truth appears.*

Questions for Reflection **WICK**

- Ask people to remember a nature scene (like the psalm said) maybe a mountain top, or a sunset or a beach view. Something that made them say 'Wow'. And then reflect on how they felt.
- Ask people to silently name people they know who have made them feel that way.

Praying with Francis **PETER**

"Most High and Glorious God" (The Prayer of St. Francis of Assisi)

*Most high and glorious God,
Lighten the darkness of heart and mind.
Let Wisdom lead me to you,
That I may live for love of your love.
Most high and glorious God,
Grant me true faith, certain hope, and pure love.
That I may follow you,
And carry out your holy command.
My God and my all. My God and my all.
My God and my all.*

Meditation **RACHEL**

Song of Response **PETER**

"All Creatures of our God and King"

*All creatures of our God and King, lift up your voice and with us sing,
O praise ye! Alleluia!
O Brother sun with golden beam, O Sister moon with silver gleam!
O Praise ye! O Praise ye!
Alleluia! Alleluia! Alleluia!*

*O Brother wind, air, clouds, and rain, by which all creatures ye sustain,
O Praise ye! Alleluia!
Thou rising morn, in praise rejoice, ye lights of evening, find a voice!
O Praise ye! O praise ye!
Alleluia! Alleluia! Alleluia!*

Meditation **MICHAEL**

Lectio Divina **MICHAEL**

1 John 4: 20-22

Those who say, "I love God," and hate their brothers or sisters, are liars; for those who do not love a brother or sister whom they have seen, cannot love God whom they have not seen. The commandment we have from him is this: those who love God must love their brothers and sisters also.

Song of Response **PETER**

"All Creatures of Our God and King"

*All ye who are of tender heart, forgiving others, take your part,
O praise ye! Alleluia!
Ye who long pain and sorrow bear, praise God and on him cast your care!
O Praise ye! O praise ye!
Alleluia! Alleluia! Alleluia!*

Meditation **PETER**

Resting in the Silence **PETER**

During these few minutes of silence, simply rest in God's abiding and loving presence in this moment. Simply be here now. Descend into this Stillness. There is nothing you need to do. Just let go. Relax. Sense your body. Breathe deeply. If it helps, use a sacred word to help you descend into this silence (such as Heart, Center, Silence, Abba, Jesus, or Spirit) or use Francis' own mantra and breath prayer, "My God" (inhale) "and my all!" (exhale).

Moving to the Table **PETER**

"All Creatures of our God and King"

*Let all things their Creator bless, and worship him in humbleness,
O praise ye! Alleluia!
Praise, praise the Father, praise the Son, and praise the Spirit, Three in One!
O praise ye! O praise ye!
Alleluia! Alleluia! Alleluia!*

The Communion Feast **RACHEL AND WICK**

Praying with Francis **PETER**

"Most High and Glorious God" (The Prayer of St. Francis of Assisi)

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Lighten the darkness of heart and mind.
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That I may live for love of your love.
Most high and glorious God,
Grant me true faith, certain hope, and pure love.
That I may follow you,
And carry out your holy command.
My God and my all. My God and my all.
My God and my all.*

Receiving a Good Word **WICK**

*For further Contemplative Resources please visit
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